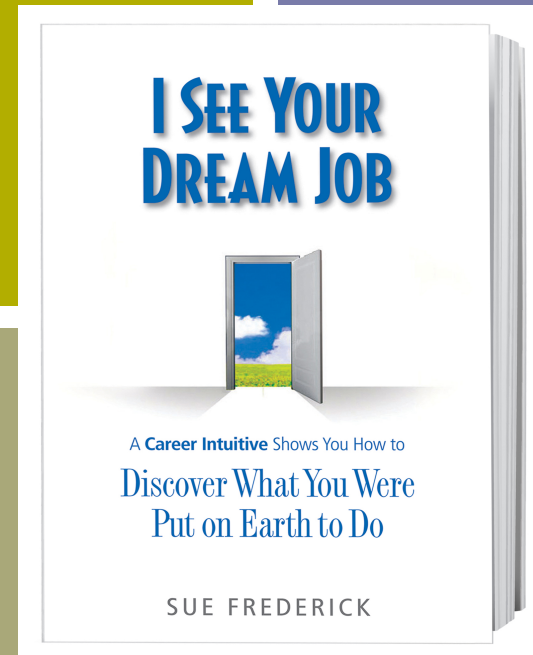




Certified
Professional
Career Intuitive®
Coach *Training*
Manual



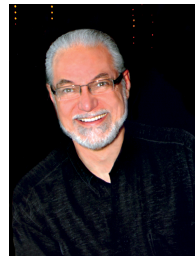
The I See Your Dream Job Approach
to Career Coaching

Created by Sue Frederick, Career Intuitive & Author of *I See Your Dream Job*

Teacher's Powerpoint Presentation

©Sept 2011 Career Intuitive Coach Institute

Welcome to Career Intuitive Coach Institute Professional Coach Training



■ Your instructors are:

- Sue Frederick, Career Intuitive and Author of I See Your Dream Job Sue@BrilliantWork.com
- Gene Malowany, Certified Professional Life Coach & Career Intuitive Coach Malowany@comcast.net

I See Your Dream Job

Professional Career Intuitive Coach Training



Career Intuitive Coach International presents a 10 hour Professional Coach Certification Course based on the book ***I See Your Dream Job*** by Sue Frederick.

+ Our Objective

- To supply you with professional tools, methodologies, insights, techniques and systems that will allow you to provide powerful, effective, insightful and intuitive career guidance to every client you serve.



Powerful & Life-Changing

- Certified Professional *I See Your Dream Job* Coaches have the privilege and responsibility of empowering, mentoring, encouraging & motivating their clients to identify their true chosen path for this lifetime; and to help them manifest that soul intention through a successful career that uses their gifts & talents to help raise the consciousness of the planet.

+ Coaching Process

- With the *I See Your Dream Job* Professional Coaching System, you will assist your clients in identifying and clarifying their individual paths, missions, talents, values and the purpose of the pain that is meant to motivate them to do their true work. This enables clients to create a plan and take actions to manifest a successful career.

+ I See Your Dream Job Professional Coaching System Overview

- Decipher client's Birth Path & Personal Year cycles based on Pythagoras' doctrine of numbers.
- Receive intuitive guidance for client in form of soul mission statement.
- During session share path insights, reinvention cycle insights, and mission statement.
- Empower client to move through fear & doubt.
- Empower client to use pain as fuel.
- Create baby-step action plan to get client moving forward.

+ I See Your Dream Job Professional Coaching System

Upon completion of the course, Certified Professional Coaches will be able to:

1. Decipher clients' birth paths & reinvention cycles based on Pythagoras' doctrine of numbers.
2. Empower clients to move forward in spite of challenges by using positive focus & intuition.
3. Deepen clients' understanding of the purpose of pain as fuel.
4. Create baby-step action plans for clients.



I See Your Dream Job Professional Coaching System

5. Recognize & understand underlying birth path motivations that affect decision-making processes of individuals.
6. Develop the rapport required to challenge limiting beliefs and empower clients to move forward in alignment with their true paths.
7. Assist clients in defining a specific career path in harmony with their soul's intention.
8. Deepen their own intuitive powers & use them to assist themselves and others in living up to their greatest potential.
9. Deeply understand the meaning and power of numbers to guide our lives.
10. Build a successful coaching business that creates financial abundance and helps others live up to their true potential.



I See Your Dream Job Coach Training Methods

- The training methods include lecture, demonstration and practicum. There will be strong emphasis on experiential learning with interactive activities, exercises, interviews and demonstrations.
- Handouts & workbooks will be supplied. Students are required to purchase & read the text - ***I See Your Dream Job*** (St. Martin's Press) before the course begins.
- Certification is assessment-based and there will be a test at the end of the course.
- Final certification is contingent upon student conducting 3 one-hour-long ***I See Your Dream Job*** coaching sessions with 3 different clients and submitting notes for approval.

+ Class Section One Overview

- Understanding the Power & Meaning of Numbers according to the teachings of Pythagoras, Greek philosopher and founder of our number system.
- De-coding the Birth Path
- Adding the Astrological flavor of the Sun Sign to the birth path.
- Understanding Personal Year Cycles
- Giving & Receiving 15 minute coaching sessions based on birth path, sun sign & personal year information.

+ History & Meaning of Numbers

- Greek philosopher and mystic Pythagoras, father of our modern number system, designed a theory of numbers based on the digits 1 through 9 in 580 BC.
- Pythagoras taught that each number has a meaning or vibration and by adding the numbers within your birth date and reducing them to single digits, you reveal the nature of the work you came here to do.

+ Meaning of Numbers

- Today we still use the number system Pythagoras created but we've disregarded the core meaning that was central to his system - that each number carries a meaning that goes beyond mere quantity.
- In Pythagoras' system every number has a positive and negative vibration which shows its potentials and challenges. Your destiny number, which is derived from your birth date contains the vibrations of the greatness you came to achieve along with the potential pitfalls of your path.

+ Meaning of Numbers

- All numbers are reduced to digits 1 through 9 except for three cosmic vibrations symbolized by the master numbers 11, 22 & 33.
- All other numbers are reduced to the basic digits 1 through 9 by adding the digits of the entire number together.
- For example: the number 43 equals 7
- $(4 + 3 = 7)$
- The number 10 equals 1 $(1 + 0 = 1)$

+ Meaning of Numbers

■ Example of Birth Path Calculation:

■ Birth Date: October 16, 1980

■ Month = October = 10 = 1 (1+0 = 1)

■ Date = 16 = 7 (1+6 = 7)

■ Year = 1980 = 9

■ (1+9+8+0 = 18) (1+8 = 9)

■ Birth Path = 8 (1+7+9 = 17 = 8)

+ Meaning of Numbers

- To calculate **your birth path** from your date of birth:
- Your birth month:
- Your birth date:
- Your birth year:
- Total:
- Reduced to a single digit:
- Your birth path number:

+ Meaning of Numbers

- The **Master Soul Numbers** of 11, 22 & 33 represent sacred birth paths designed to help humanity evolve. Those numbers are not reduced to a single digit in birth path calculations. Example:
- Birth Date **Sept 15, 1951**
- September = 9
- 15 = 6 (1 + 5 = 6)
- 1951 = 7 (1+9+5+1=16) (1+6=7)
- Total 22 master path soul (9+6+7=22)

+ 3 Ways of Adding Birthdates

- It's important to add each birth date **three different ways** to check your addition & to look for hidden master path numbers.
- This is especially important if you've arrived at a 2, 4, or 6 birth path which could contain a hidden 11, 22, or 33 path if added two other ways.

+ 3 Different Ways to Add Birth Dates

- Using Birth Date May 1, 1960

$$5+1+1+9+6+0 = 22/4$$

5	=	5
1	=	1
+1960= 16	=	+7
1966= 22/4		13/4



Traditional Method #1

- Birth date Sept 15, 1951
- September = 9
- 15 = 6
- 1951 = 7
- Total = 22 (9+6+7=22)

+ Secondary Method:

■ Birth date Sept 15, 1951

■ 1951

■ 15

■ +9

$$1975 = 1+9+7+5=22$$

+ Third Method:

■ Birth date Sept 15, 1951

■ $9+1+5+1+9+5+1=31=3+1=4$

+ Another Example of Third Method:

- Using President Barack Obama's birth date of August 4, 1961
- $8+4+1+9+6+1 = 29 = 2+9 = 11$

+ Positive & Negative Meanings of Numbers

- 1 - Leadership, vision, independence **OR** Loneliness, self-doubt, arrogance
- 2 - Intuition, understanding, detail **OR** dependency, paranoia, obsession with meaningless details
- 3 - Self expressive, creative, uplifting **OR** coldhearted, overintellectual, lack of responsibility

+ Positive & Negative Meanings of Numbers

- 4 - Self discipline, strength, determination, practicality **OR** too practical, lost in drudgery & routine
- 5 - Change, sensuality, freedom, passion **OR** over-indulgence, addictions, impulsive & uncentered
- 6 - Social consciousness, healer, teacher **OR** slave to others needs, supercritical of loved ones.

+ Positive & Negative Meanings of Numbers

- 7 - Intellectual & spiritual focus, wise, dignified, refined **OR** isolated, hypersensitive, skeptical.
- 8 - Power, wealth, accomplishment & generosity **OR** abusive, manipulative & controlling.
- 9 - Humanitarian, accomplished, artistic **OR** bitter, blameful & focused on past.

+ Master Soul Numbers

- 11 - Intuitive, artistic, humanitarian, healer **OR** too sensitive & egocentric.
- 22 - Inspired visionary, practical genius **OR** greedy, abusive & lost in drudgery.
- 33 – Visionary artist, clairvoyant, master healer **OR** hyper-sensitive, lost in addictions & disconnected from others.

+ Birth Paths

- To apply the numbers specifically to birth paths see **Chapter 7** page 56 of the book ***I See Your Dream Job.***

+ The Flavor of the Birth Path

- How do the numbers in the birth date interface with **Astrology**? In many ways.
- However we're keeping it simple here and focusing on how the sun sign interacts with and flavors the birth path.

+ Sun Signs

- Aries = Ram = March 21 - April 19
- Taurus = Bull = April 20 - May 20
- Gemini = Twins = May 21 - June 21
- Cancer = Crab = June 22 - July 22
- Leo = Lion = July 23 - August 22
- Virgo = Virgin = August 23 - Sept 22

+ Sun Signs

- Libra = Scales = Sept 23 - Oct 23
- Scorpio = Scorpion = Oct 24 - Nov 21
- Sagittarius = Archer = Nov 22 - Dec 21
- Capricorn = Goat = Dec 22 - Jan 19
- Aquarius = Water Bearer = Jan 20 - Feb 18
- Pisces = Fish = Feb 19 - March 20

+ Sun Signs

- Your sun sign reveals the flavor of your work mission. Someone who is on a 7 path with an Aries sun sign will fulfill their destiny with a different style than someone on a 7 path with a Pisces sun sign.
- **By combining the birth path number & sun sign**, you will get more specific ideas about the person's true work.
- For examples, read **Chapter 9** page 74 of **I See Your Dream Job**.

+ Energy of the Sun Signs

■ **Aries (Ram) = March 21 – April 19**

If you wrapped your Birth Path number with Aries, you will be powerful and bold - leading others to new ideas.

■ **Taurus (Bull) = April 20 – May 20**

If Taurus is the flavor you chose, you're made of pure force and solid will-power. Being practical puts you at ease. You may take awhile to get going on your higher mission, and it's essential that you loosen your tight grip on practicality in order to fulfill your potential.

+ Sun Signs

■ Gemini (Twins) = May 21 – June 21

Your agile, hungry mind is a great gift, but it can distract you from the intuitive knowledge of what's right for your life. You'll change perspectives frequently and become quite brilliant, cunning, and accomplished. Let your heart and intuition serve as your compass, or you'll lose your way and fall far off-path.

■ Cancer (Crab) = June 22 – July 22

Your heightened sensitivity and secretive nature is your gift and challenge. You feel everything and process it through your silent filter - rather than readily sharing it with others. Yet your feelings and intuitions are your gift. Don't hide that brilliant wisdom and retreat into self doubt and fear. Show your sensitivity to the world, bare your sweet soul, and speak the truth.

+ Sun Signs

■ **Leo (Lion) = July 23 – August 22**

The majestic, warm, and kindly lion, Leo rules with generosity of spirit and fiery passion. Your noble and confident presence will dominate any environment you work in. But don't get lost in "showmanship." Reach deep into your essence for the purpose of this great path – lighting the fire of higher knowledge.

■ **Virgo (Virgin) = August 23 – September 22**

The ultimate seeker of truth and understanding, your relentless analysis and pursuit of perfection is your gift and curse. In any career, you'll get to the core of the problem and perceive the essential truth instantly. Your challenge is to refrain from pointing out those flaws and imperfections, until you've found solutions.

+ Sun Signs

■ **Libra (Scales) = Sept 23 – Oct 23**

Grace, beauty, truth, and fairness flavor your mission. Rather than focusing on injustices, you'll create solutions. Your abundant talents will find a home in the arts - whether you choose acting, dance, writing, or design.

■ **Scorpio (Scorpion) = Oct 24 – Nov 21**

No matter what you're here to accomplish, this sun sign will flavor your path with intensity, sexuality, and charisma. Use those gifts to shed light on the unseen world and guide others through traumatic pain – which doesn't intimidate you. Your healing & insightful visions carry a depth of understanding that the world needs to embrace.

+ Sun Signs

■ Sagittarius (Archer) = Nov 22 - Dec 21

You can start up a conversation with anyone - from the president of the United Nations to a computer nerd. Yet don't let your social personality pull you from your mission and sidetrack you. Your social gifts are on purpose - to help you succeed as a teacher and visionary.

■ Capricorn (Goat) = Dec 22 – Jan 19

You came here to immerse yourself in the earthy, practical details of day-to-day reality. That gift of plodding determination, coupled with your intense focus on what you want, will get you where you want to go. Loosen your grip on mundane details and you will fulfill your potential.

+ Sun Signs

■ **Aquarius (Water Bearer) = Jan 20 – Feb 18**

Your ability to teach and inspire others with new ideas is paramount on this path. Use these great strengths to change the world. Take classes, read great books, surround yourself with thought-provoking people.

■ **Pisces (Fish) = February 19 – March 20**

Profound intuition and innate spiritual wisdom are your gifts – no matter what your mission is. Whenever you stifle that intuition to fit in, you're off path. Be sure to focus those intense feelings on the highest wisdom and don't get lost in your sensitivity.

+ Personal Year Cycles

- Every year of your life you've been under the influence of a particular number - 1 through 9, 11, 22 or 33.
- You're working with a different type of energy each year within a repeating nine-year cycle.
- These nine-year cycles are designed to move you through cycles of necessary reinvention; helping you master the challenges you signed up for and accomplish the work you came here to do.

+ Personal Year Cycles

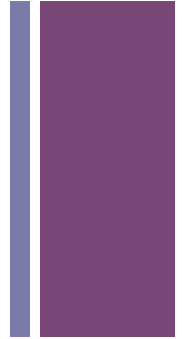
- **Your current personal year** is determined by the single-digit numbers of your birth month and birth date added to the current calendar year and reduced to a single digit or master number.
- Example: **Birth date Sept 15, 1951**
- Month: Sept = 9
- Date: 15 = 6
- Current Year: 2011 = 4
- $9 + 6 + 4 = 19 = 10 = 1$
- **Personal year 1**

+ Calculate Your Personal Year

- Your birth date:
- Your birth month:
- The current calendar year:
- Total:
- Reduced to a single digit:
- This is your personal year:



Meaning of the Personal Years



■ **Personal Year 1:**

- This is an important new beginning: launch your business, get a new job or title, start a graduate program, or move to a new location. Everything you do this year will influence the events of your life for the next nine years. There's lots of new energy helping you change directions. There's never been a better time for reinvention. This is also a year of intense self-focus, personal development, and cultivation of talents. Everything evolves around you and is dependent upon you. Have courage to make important decisions and move forward bravely – like a pioneer. At times you may feel alone, but this year demands that you work mostly alone.

■ **Personal Year 2:**

- This is the year for cooperating with others to develop the vision you started last year. It's a slower, more gestative year – nurturing what you've already started rather than launching new things. Collect and assimilate data, and organize details. Your success hinges on working with and cooperating with others. Be receptive. Soften the forceful energy you thrived on last year. You might feel highly sensitive this year and develop warm friendships – even romances.

■ **Personal Year 11:**

- In this highly charged year of personal illumination, your intellect is capable of achieving its greatest capacity – as well as intense psychic perception and artistic creation. Inspiration and revelation are yours to create with. The spiritual, psychic and artistic are your focus, and meditation or prayer will enhance all of your gifts. Refine your tastes, collect art, associate with creative people. This is not your best year for commercial success, but rather for inner evolution of your spiritual, intuitive, and artistic gifts.

+ Personal Years

■ Personal Year 3:

- This is a social, playful year, full of social events and new interests. Express yourself, get into the center of things, entertain groups. Forget long-term planning and just enjoy life; don't make important decisions about your future. The performing arts will call you, and it's time to look your best. Develop your skills with words – written or spoken. Life is your stage – enjoy it! Whatever you started in your one year is now reaping enjoyment for you. It's your year to blossom.

■ Personal Year 4:

- It's time to get to work in this serious and responsible year. Get practical, establish organization and efficiency systems, build the foundation for future growth, set a budget, and do the physical work. Focus on the physical details of getting your home in order – whether that means moving, remodeling or cleaning. Engage in fitness and sports activities. Dependability and responsibility are your keys to success.

■ Personal Year 22:

- This year your greatest aspirations and inspirations will be put into practical reality. You'll be bringing your most advanced ideas to a realistic and workable form. Humanity and society as a whole will benefit from your work, if you choose to step up to the plate. It's a year of putting personal concerns aside and doing your best for the world at large. Make big plans and introduce enormous changes. By focusing on the positive vibrations of this number, you'll have the opportunity to ascend to your greatest career achievements and acquire abundant financial rewards. You'll also feel the sting of criticism that greatness attracts. Focus on your work and keep moving forward.

+ Personal Years

■ Personal Year 5:

- Get ready for expansion, adventure, and the unexpected in this turning-point year. During this fast-moving, action-packed time, you'll be happiest and doing your best work when everything is changing around you. Take trips, investigate opportunities, and get rid of anything that is monotonous or boring. Eliminate conditions and people that are holding you back. Make room for the new. Focus on freedom and adapting to change. Enjoy this sensual year with many opportunities for physical indulgence. You'll be super-charged, attractive, and sexual. Revive your relationships or work circumstances with new energy.

■ Personal Year 6:

- In this more responsible year, you'll take care of the important people in your life and career. Rather than focus on yourself, you'll adjust to the needs of others and enjoy group activities as you shift away from the sensual and passionate excesses of the 5 year. Marriage and close friendships will blossom due to your efforts to understand the people in your life. Let go of superficiality and take responsibility for yourself and others. Yet don't take on more than you can carry, or you'll fall into depression and overwhelm. This is one year, though, when general harmony is more important than your own needs.

■ Personal Year 7:

- Enjoy this sabbatical from the physical aspects of life and focus your attention on the study of abstract ideas, science, mysticism, spirituality and artistic endeavors. Withdraw from the center of things and write books, go to school, meditate, and do research. Refine what you began in this nine-year-cycle by analyzing and perfecting projects, relationships, and goals. Your intuition will be at its most powerful – rely on it for all decisions. Pursue nothing; you will naturally attract what is meant to be in your life.

+ Personal Years

■ Personal Year 8:

- The serenity and reflection of the 7 year is over as you jump head-first into the world of career, power and money. If you wrote a book last year, this is the year to promote and sell it. If you researched and developed your new business last year, now is the time to get it funded. Physical accomplishment and material success are your focus, as you reap the seeds of success that you planted early in this nine-year-cycle. During this powerful year, claim recognition and take command to get concrete results. Think big, manage and direct others, move forward. Yet beware of abusing your power or becoming greedy. Be patient and generous to others - even if that feels tedious.

■ Personal Year 9:

- This year you will wrap up what you started in your one-year. Lingered relationships will surface to be examined - then kept or discarded for the next cycle. Your career will conclude the focus that it's had for the past nine years, even though you won't see the new cycle just yet. Open your hands and let go, with faith that something new and better will arrive in your one year. You may be fired or laid off, or simply come to the end of a project you've worked on for years. Relationships will fall away or be transformed; and you'll grieve for your losses over the past nine years. Peace comes from higher wisdom and a greater connection to spirituality. The larger lessons of life will call to you, and your insights will be heightened. Use this awareness to benefit the people around you. Focus on artistic and spiritual disciplines, and wait for the new inspiration that begins soon in your approaching one-year.

+ Saturn Returnings

At the age of 28 & 29 you go through your **First Saturn Returning**.

This is a major transition point of the lifetime – your first true wake up moment of recognizing your journey for this lifetime and what it's really about – as opposed to what you thought it was about & the expectation of family & friends. It's your moment of seeing who you really are.

At the age of 58 & 59 you go through your **Second Saturn Returning**.

This is the second major transition point of your lifetime – where you are stripped naked until you are finally your true self in the world, not hiding behind any job titles or relationships – being the authentic self you came here to be - doing your great work in the world.

+ Personal Year Cycles

- One of the most helpful parts of a client session is taking the client back through all of their **previous nine-year cycles** and discussing what was going on during each cycles.
- **Ask them:** How did this cycle begin & end? What was your intention at beginning of cycle? What did you let go of at end of cycle? What did you learn?

+ Saturn Returnings

- Ask your client to reflect on what was learned during the Saturn Returning. It can open a deep conversation about the purpose of pain and how it fuels our great work. It is almost always a painful time of transition that is long remembered – on purpose – to help us find our true path.

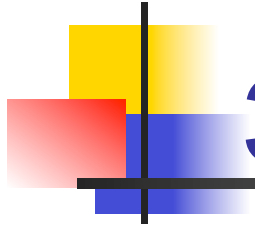


1 Birth Path Chart

▪	<u>PY</u>	<u>AGE</u>	▪	4	21	▪	8	43	▪	3	65
▪	1	0 years	▪	5	22	▪	<u>9</u>	<u>44</u>	▪	4	66
▪	2	1 year old	▪	6	23	▪	1	45	▪	5	67
▪	3	2	▪	7	24	▪	2	46	▪	6	68
▪	4	3	▪	8	25	▪	3	47	▪	7	69
▪	5	4	▪	<u>9</u>	<u>26</u>	▪	4	48	▪	8	70
▪	6	5	▪	1	27	▪	5	49	▪	<u>9</u>	<u>71</u>
▪	7	6	▪	2	28 SR	▪	6	50	▪	1	72
▪	8	7	▪	3	29	▪	7	51	▪	2	73
▪	<u>9</u>	<u>8 years old</u>	▪	4	30	▪	8	52	▪	3	74
▪	1	9	▪	5	31	▪	<u>9</u>	<u>53</u>	▪	4	75
▪	2	10	▪	6	32	▪	1	54	▪	5	76
▪	3	11	▪	7	33	▪	2	55	▪	6	77
▪	4	12	▪	8	34	▪	3	56	▪	7	78
▪	5	13	▪	<u>9</u>	<u>35</u>	▪	4	57	▪	8	79
▪	6	14	▪	1	36	▪	5	58 SR	▪	<u>9</u>	<u>80</u>
▪	7	15	▪	2	37	▪	6	59	▪		
▪	8	16	▪	3	38	▪	7	60	▪	<u>Pain</u>	
▪	<u>9</u>	<u>17</u>	▪	4	39	▪	8	61	▪		
▪	1	18	▪	5	40	▪	<u>9</u>	<u>62</u>	▪	<u>Spirituality</u>	
▪	2	19	▪	6	41	▪	1	63			
▪	3	20	▪	7	42	▪	2	64			

11 or 2 Birth Path Chart

<u>PY</u>	<u>AGE</u>							
■	2	0 years	■	5	21	■	<u>9</u>	<u>43</u>
■	3	1 year old	■	6	22	■	1	44
■	4	2	■	7	23	■	2	45
■	5	3	■	8	24	■	3	46
■	6	4	■	<u>9</u>	<u>25</u>	■	4	47
■	7	5	■	1	26	■	5	48
■	8	6	■	2	27	■	6	49
■	<u>9</u>	<u>7</u>	■	3	28	■	7	50
■	1	8 years old	■	4	29 SR	■	8	51
■	2	9	■	5	30	■	<u>9</u>	<u>52</u>
■	3	10	■	6	31	■	1	53
■	4	11	■	7	32	■	2	54
■	5	12	■	8	33	■	3	55
■	6	13	■	<u>9</u>	<u>34</u>	■	4	56
■	7	14	■	1	35	■	5	57
■	8	15	■	2	36	■	6	58 SR
■	<u>9</u>	<u>16</u>	■	3	37	■	7	59
■	1	17	■	4	38	■	8	60
■	2	18	■	5	39	■	<u>9</u>	<u>61</u>
■	3	19	■	6	40	■	1	62
■	4	20	■	7	41	■	2	63
			■	8	42	■	3	64
						■	4	65
						■	5	66
						■	6	67
						■	7	68
						■	8	69
						■	<u>9</u>	<u>70</u>
						■	1	71
						■	2	72
						■	3	73
						■	4	74
						■	5	75
						■	6	76
						■	7	77
						■	8	78
						■	<u>9</u>	<u>79</u>
						■	1	80
						■		<u>Pain</u>
						■		<u>Spirituality</u>



3 Birth Path Chart

<u>PY</u>	<u>AGE</u>							
▪ 3	0 years	▪ 6	21	▪ 1	43	▪ 5	65	
▪ 4	1 year old	▪ 7	22	▪ 2	44	▪ 6	66	
▪ 5	2	▪ 8	23	▪ 3	45	▪ 7	67	
▪ 6	3	▪ <u>9</u>	<u>24</u>	▪ 4	46	▪ 8	68	
▪ 7	4	▪ 1	25	▪ 5	47	▪ <u>9</u>	<u>69</u>	
▪ 8	5	▪ 2	26	▪ 6	48	▪ 1	70	
▪ <u>9</u>	<u>6</u>	▪ 3	27	▪ 7	49	▪ 2	71	
▪ 1	7	▪ 4	28	▪ 8	50	▪ 3	72	
▪ 2	8 years old	▪ 5	29 SR	▪ <u>9</u>	<u>51</u>	▪ 4	73	
▪ 3	9	▪ 6	30	▪ 1	52	▪ 5	74	
▪ 4	10	▪ 7	31	▪ 2	53	▪ 6	75	
▪ 5	11	▪ 8	32	▪ 3	54	▪ 7	76	
▪ 6	12	▪ <u>9</u>	<u>33</u>	▪ 4	55	▪ 8	77	
▪ 7	13	▪ 1	34	▪ 5	56	▪ <u>9</u>	<u>78</u>	
▪ 8	14	▪ 2	35	▪ 6	57	▪ 1	79	
▪ <u>9</u>	<u>15</u>	▪ 3	36	▪ 7	58	▪ 2	80	
▪ 1	16	▪ 4	37	▪ 8	59 SR			
▪ 2	17	▪ 5	38	▪ <u>9</u>	<u>60</u>	▪ <u>Pain</u>		
▪ 3	18	▪ 6	39	▪ 1	61			
▪ 4	19	▪ 7	40	▪ 2	62	▪ <u>Spirituality</u>		
▪ 5	20	▪ 8	41	▪ 3	63			
		▪ <u>9</u>	<u>42</u>	▪ 4	64			

22 or 4 Birth Path Chart

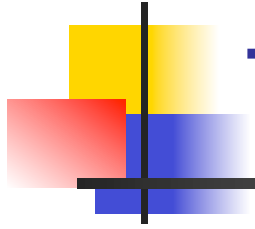
<u>PY</u>	<u>AGE</u>									
■	4	0 years	■	7	21	■	2	43		
■	5	1 year old	■	8	22	■	3	44		
■	6	2	■	<u>9</u>	<u>23</u>	■	4	45		
■	7	3	■	1	24	■	5	46		
■	8	4	■	2	25	■	6	47		
■	<u>9</u>	<u>5</u>	■	3	26	■	7	48		
■	1	6	■	4	27	■	8	49		
■	2	7	■	5	28	■	<u>9</u>	<u>50</u>		
■	3	8 years old	■	6	29 SR	■	1	51		
■	4	9	■	7	30	■	2	52		
■	5	10	■	8	31	■	3	53		
■	6	11	■	<u>9</u>	<u>32</u>	■	4	54		
■	7	12	■	1	33	■	5	55		
■	8	13	■	2	34	■	6	56		
■	<u>9</u>	<u>14</u>	■	3	35	■	7	57		
■	1	15	■	4	36	■	8	58		
■	2	16	■	5	37	■	<u>9</u>	<u>59 SR</u>		
■	3	17	■	6	38	■	1	60		
■	4	18	■	7	39	■	2	61		
■	5	19	■	8	40	■	3	62		
■	6	20	■	<u>9</u>	<u>41</u>	■	4	63		
			■	1	42	■	5	64		
								■	65	
								■	66	
								■	67	
								■	<u>9</u>	<u>68</u>
								■	1	69
								■	2	70
								■	3	71
								■	4	72
								■	5	73
								■	6	74
								■	7	75
								■	8	76
								■	<u>9</u>	<u>77</u>
								■	1	78
								■	2	79
								■	3	80
								■		<u>Pain</u>
								■		<u>Spirituality</u>

5 Birth Path Chart

<u>PY</u>	<u>AGE</u>							
■	5	0 years	■	8	21	■	3	43
■	6	1 year old	■	<u>9</u>	<u>22</u>	■	4	44
■	7	2	■	1	23	■	5	45
■	8	3	■	2	24	■	6	46
■	<u>9</u>	<u>4</u>	■	3	25	■	7	47
■	1	5	■	4	26	■	8	48
■	2	6	■	5	27	■	<u>9</u>	<u>49</u>
■	3	7	■	6	28	■	1	50
■	4	8 years old	■	7	29 SR	■	2	51
■	5	9	■	8	30	■	3	52
■	6	10	■	<u>9</u>	<u>31</u>	■	4	53
■	7	11	■	1	32	■	5	54
■	8	12	■	2	33	■	6	55
■	<u>9</u>	<u>13</u>	■	3	34	■	7	56
■	1	14	■	4	35	■	8	57
■	2	15	■	5	36	■	<u>9</u>	<u>58 SR</u>
■	3	16	■	6	37	■	1	59
■	4	17	■	7	38	■	2	60
■	5	18	■	8	39	■	3	61
■	6	19	■	<u>9</u>	<u>40</u>	■	4	62
■	7	20	■	1	41	■	5	63
			■	2	42	■	6	64
						■	7	65
						■	8	66
						■	<u>9</u>	<u>67</u>
						■	1	68
						■	2	69
						■	3	70
						■	4	71
						■	5	72
						■	6	73
						■	7	74
						■	8	75
						■	<u>9</u>	<u>76</u>
						■	1	77
						■	2	78
						■	3	79
						■	4	80
						■		<u>Pain</u>
						■		<u>Spirituality</u>

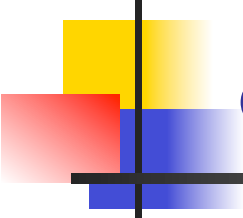
33 or 6 Birth Path Chart

▪	<u>PY</u>	<u>AGE</u>	▪	<u>9</u>	<u>21</u>	▪	4	43	▪	8	65
▪	6	0 years	▪	1	22	▪	5	44	▪	<u>9</u>	<u>66</u>
▪	7	1 year old	▪	2	23	▪	6	45	▪	1	67
▪	8	2	▪	3	24	▪	7	46	▪	2	68
▪	<u>9</u>	<u>3</u>	▪	4	25	▪	8	47	▪	3	69
▪	1	4	▪	5	26	▪	<u>9</u>	<u>48</u>	▪	4	70
▪	2	5	▪	6	27	▪	1	49	▪	5	71
▪	3	6	▪	7	28	▪	2	50	▪	6	72
▪	4	7	▪	8	29 SR	▪	3	51	▪	7	73
▪	5	8 years old	▪	<u>9</u>	<u>30</u>	▪	4	52	▪	8	74
▪	6	9	▪	1	31	▪	5	53	▪	<u>9</u>	<u>75</u>
▪	7	10	▪	2	32	▪	6	54	▪	1	76
▪	8	11	▪	3	33	▪	7	55	▪	2	77
▪	<u>9</u>	<u>12</u>	▪	4	34	▪	8	56	▪	3	78
▪	1	13	▪	5	35	▪	<u>9</u>	<u>57 SR</u>	▪	4	79
▪	2	14	▪	6	36	▪	1	58	▪	5	80
▪	3	15	▪	7	37	▪	2	59			
▪	4	16	▪	8	38	▪	3	60	▪	<u>Pain</u>	
▪	5	17	▪	<u>9</u>	<u>39</u>	▪	4	61			
▪	6	18	▪	1	40	▪	5	62	▪	<u>Spirituality</u>	
▪	7	19	▪	2	41	▪	6	63			
▪	8	20	▪	3	42	▪	7	64			



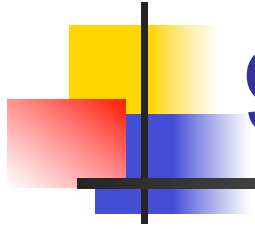
7 Birth Path Chart

<u>PY</u>	<u>AGE</u>							
■	7	0 years	■	1	21	■	5	43
■	8	1 year old	■	2	22	■	6	44
■	<u>9</u>	<u>2</u>	■	3	23	■	7	45
■	1	3	■	4	24	■	8	46
■	2	4	■	5	25	■	<u>9</u>	<u>47</u>
■	3	5	■	6	26	■	1	48
■	4	6	■	7	27	■	2	49
■	5	7	■	8	28	■	3	50
■	6	8 years old	■	<u>9</u>	<u>29 SR</u>	■	4	51
■	7	9	■	1	30	■	5	52
■	8	10	■	2	31	■	6	53
■	<u>9</u>	<u>11</u>	■	3	32	■	7	54
■	1	12	■	4	33	■	8	55
■	2	13	■	5	34	■	<u>9</u>	<u>56</u>
■	3	14	■	6	35	■	1	57 SR
■	4	15	■	7	36	■	2	58
■	5	16	■	8	37	■	3	59
■	6	17	■	<u>9</u>	<u>38</u>	■	4	60
■	7	18	■	1	39	■	5	61
■	8	19	■	2	40	■	6	62
■	<u>9</u>	<u>20</u>	■	3	41	■	7	63
			■	4	42	■	8	64
						■	<u>9</u>	<u>65</u>
						■	1	66
						■	2	67
						■	3	68
						■	4	69
						■	5	70
						■	6	71
						■	7	72
						■	8	73
						■	<u>9</u>	<u>74</u>
						■	1	75
						■	2	76
						■	3	77
						■	4	78
						■	5	79
						■	6	80
						■	<u>Pain</u>	
						■	<u>Spirituality</u>	



8 Birth Path Chart

<u>PY</u>	<u>AGE</u>						
■ 8	0 years	■ 2	21	■ 6	43	■ 1	65
■ <u>9</u>	<u>1 year old</u>	■ 3	22	■ 7	44	■ 2	66
■ 1	2	■ 4	23	■ 8	45	■ 3	67
■ 2	3	■ 5	24	■ <u>9</u>	<u>46</u>	■ 4	68
■ 3	4	■ 6	25	■ 1	47	■ 5	69
■ 4	5	■ 7	26	■ 2	48	■ 6	70
■ 5	6	■ 8	27	■ 3	49	■ 7	71
■ 6	7	■ <u>9</u>	<u>28 SR</u>	■ 4	50	■ 8	72
■ 7	8 years old	■ 1	29	■ 5	51	■ <u>9</u>	<u>73</u>
■ 8	9	■ 2	30	■ 6	52	■ 1	74
■ <u>9</u>	<u>10</u>	■ 3	31	■ 7	53	■ 2	75
■ 1	11	■ 4	32	■ 8	54	■ 3	76
■ 2	12	■ 5	33	■ <u>9</u>	<u>55</u>	■ 4	77
■ 3	13	■ 6	34	■ 1	56	■ 5	78
■ 4	14	■ 7	35	■ 2	57	■ 6	79
■ 5	15	■ 8	36	■ 3	58 SR	■ 7	80
■ 6	16	■ <u>9</u>	<u>37</u>	■ 4	59		
■ 7	17	■ 1	38	■ 5	60	■ <u>Pain</u>	
■ 8	18	■ 2	39	■ 6	61		
■ <u>9</u>	<u>19</u>	■ 3	40	■ 7	62	■ <u>Spirituality</u>	
■ 1	20	■ 4	41	■ 8	63		
		■ 5	42	■ <u>9</u>	<u>64</u>		



9 Birth Path Chart

▪	<u>PY</u>	<u>AGE</u>	▪	3	21	▪	7	43	▪	2	65
▪	<u>9</u>	<u>0 years</u>	▪	4	22	▪	8	44	▪	3	66
▪	1	1 year old	▪	5	23	▪	<u>9</u>	<u>45</u>	▪	4	67
▪	2	2	▪	6	24	▪	1	46	▪	5	68
▪	3	3	▪	7	25	▪	2	47	▪	6	69
▪	4	4	▪	8	26	▪	3	48	▪	7	70
▪	5	5	▪	<u>9</u>	<u>27 SR</u>	▪	4	49	▪	8	71
▪	6	6	▪	1	28	▪	5	50	▪	<u>9</u>	<u>72</u>
▪	7	7	▪	2	29	▪	6	51	▪	1	73
▪	8	8 years old	▪	3	30	▪	7	52	▪	2	74
▪	<u>9</u>	<u>9</u>	▪	4	31	▪	8	53	▪	3	75
▪	1	10	▪	5	32	▪	<u>9</u>	<u>54</u>	▪	4	76
▪	2	11	▪	6	33	▪	1	55	▪	5	77
▪	3	12	▪	7	34	▪	2	56	▪	6	78
▪	4	13	▪	8	35	▪	3	57	▪	7	79
▪	5	14	▪	<u>9</u>	<u>36</u>	▪	4	58 SR	▪	8	80
▪	6	15	▪	1	37	▪	5	59			
▪	7	16	▪	2	38	▪	6	60	▪	<u>Pain</u>	
▪	8	17	▪	3	39	▪	7	61			
▪	<u>9</u>	<u>18</u>	▪	4	40	▪	8	62	▪	<u>Spirituality</u>	
▪	1	19	▪	5	41	▪	<u>9</u>	<u>63</u>			
▪	2	20	▪	6	42	▪	1	64			

+ 15 Minute Practice Readings

- Try this now for your fellow student's birth date.
- Take 5 minutes to decipher their **Birth Path, Personal Year, Sun Sign & Age.**
- Call them and conduct a 15 minute career reading based on the numbers.
- Be sure to review their PY cycles discussing each 9 year & what they learned as well as their Saturn Returnings.
- Use the outline on the following page.

+ 15-Minute Coaching Session Outline

- Call client & share their birth path, & current personal year insights.
- Ask how that information resonates with them.
- Share the gifts & challenges you see in their path.
- Ask the \$5 million question.
- Review Personal Year cycles, Saturn Returnings, the choices they've made, & what they've learned.
- Optional: Ask what they believe in spiritually & discuss bringing meditation into their daily life.
- Optional: Discuss their greatest pain & how that can be the fuel for their greatest work.
- Optional: Help them move through fear & doubt.
- Optional: Create a baby-step action plan of careers to investigate.



Discussion of 15 minute Coaching Session

- What helped you the most in the 15 minute coaching session you just received?
- What was the least helpful part?
- How did it feel to provide guidance from numbers? What did you learn?
- What was the easiest part for you?
- Was there anything difficult about coaching your client using information from the numbers? Explain.

+ Class Section 1 Review

- **You've learned:**
- The power & meaning of numbers
- 3 ways to calculate birth path
- Sun sign influence on birth path
- Personal Year calculations
- Effects of Saturn Returning
- How to coach a client based on these ideas

+ Class Section Two Overview

- Asking the \$5 million question.
- Linking talents to Birth Paths.
- Giving baby-step homework to clients to ensure progress.
- Meditation technique to enhance intuition.
- Meditation technique using client birth date to get guidance & write client mission statement.
- Practicing this technique with 30 minute readings.

+ Asking the \$5 Million Question

- During the session, after you've shared the clients' mission statement & asked if it resonates, it's important to help clients open their minds to new ideas & to their own inner guidance.
- One of the best ways to do this is to ask:
- If I gave you \$5 million & the universe said you could only keep it if you used the money to create the career you long for - what would you do?

+ Opening the Mind to New Ideas

- The beauty of the \$5 million question is that once the client removes their self-imposed thought limitations by imagining they have unlimited resources to manifest their true work, they actually see what their true work is.
- Take notes as they describe this dream career to you. It indicates the direction they're meant to go in.
- Help them understand that their dreams are on purpose. Our dreams reveal our soul's highest intention.
- Divine order states that we need to take action in the direction of our true work in order for the energy (money) to rally to our support.
- Once we take even a few steps in the right direction, doors open, opportunities arise and everything we need to manifest this dream career flows to us.
- Simply put: Start moving in the right direction & the money will follow.

+ Talents & Birth Paths

- When we come in on a birth path, we come with specific talents & gifts that we intend to share with the world through our work.
- As a coach, it's essential to learn which talents are linked to which birth paths.
- If your client is evolved, they will be doing work that uses those talents. If they're hiding out from their mission, they may have ignored, suppressed or forgotten their talents.
- Your job is to remind them of their gifts.

+ Talents & Birth Paths

- Birth Path 1: Leadership, courage, truth, visionary, inventor
- Birth Path 2: Communication, intuition, sensitivity, attention to details
- Birth Path 3: Creativity, design, self-expression, words, language, dance
- Birth Path 4: Strength, determination, organizer, builder
- Birth Path 5: Charisma, adventurous, generosity, sensuality, food & travel

+ Talents & Birth Paths

- Birth Path 6: Teacher, collaborator, bringer of peace & harmony, artistic.
- Birth Path 7: Analytical, philosopher, visual, intuitive, spiritual, writer.
- Birth Path 8: Powerful, entrepreneurial, strong, ability to accomplish anything.
- Birth Path 9: Humanitarian, leader, writer, wise, compassionate insight.

+ Talents & Birth Paths

- **Birth Path 11:** Ability to bring divine inspiration and healing to the world through the arts or through healing work, intuition, inspired leadership.
- **Birth Path 22:** Ability to bring inspired new thinking & solutions to everyday challenges
- **Birth Path 33:** Clairvoyance and healing work capable of changing the world with your many artistic, spiritual & healing gifts.

+ Giving Baby-Step Homework

- During the session, it's essential to list action steps for each career idea you discuss.
- These include websites, books, people to meet, classes to take, etc.
- Always record the session so your client can re-visit these steps.
- Repeat these action steps clearly at the end of the session to summarize.
- End session by asking, “What steps are you willing to take to follow up on these ideas?”

+ Daily Meditation

- There have been hundreds of studies touting the benefits of daily meditation - from reduced blood pressure, depression and stress to increased ability to concentrate & solve problems.
- Meditation quiets your worry-mind and shifts you into right-brain knowingness – also known as intuition.
- The most powerful way to enhance your intuition is through daily mantra-based meditation.
- To become a powerfully intuitive coach, daily meditation is required.

+ Meditation to Enhance Intuition

- Sit comfortably without letting your head lead against anything.
- Silently repeat *Om Namah Shivaya*.
- When your mind wanders, gently bring it back to the mantra.
- After 20 minutes, ask for intuitive guidance about a specific question.
- Write down the ideas that come to you.

+ Meditation on Client's Birth Path

- When prepping for a session, write client's birth path and sun sign on folder.
- Place your hand on that information and request guidance to help them fulfill their greatest potential.
- Ask, “What is this soul here to accomplish?”
- Meditate for at least 20 minutes & listen.
- Write down the information you receive - as a **mission statement for the client.**
- Start by writing: “This soul is here to”

+ Practice this:

- Try this now with this sample birth date.
- Decipher Birth Path, Personal Year, Sun Sign & Age.
- Meditate for 10 minutes & ask for divine guidance to help this soul move forward.
- Write the guidance you receive.
- Sample Birth date: January 29, 1954
- Or use the birth date of someone you know.

+ Day 1 Homework

- Practice meditating with the mantra of your choice.
- Meditate on the two partners you'll be giving readings to tomorrow. Ask for guidance for them. Write it down.
- Finish Class Sections 1 & 2 in your workbook.

+ Class Section 2 Review

■ You've learned:

- A powerful meditation technique to enhance your intuition & get guidance for clients.
- How to share this intuitive guidance with your client.
- How to open the client's mind to new ideas with the \$5 million question.
- The unique talents & challenges hidden in each birth path.
- Importance of giving baby-step homework to help client move forward.
- How to coach a client based on all the ideas learned in Class Section 1 & 2.

+ Class Section Three Overview

- Discussion of your meditation experience & homework assignments from last night.
- Giving & receiving 30 minute coaching sessions that incorporate meditation on a client's path & guidance received during meditation.
- Discussion of intuition & how best to access it for your clients.
- Moving clients through fear & negativity using energy techniques.
- Teaching the purpose of pain as fuel.
- Asking the Spirituality question.
- Giving & receiving 60 minute coaching sessions incorporating everything learned.

+ Giving a 30 minute session after meditating on client

- Meditate now on a fellow student.
- Using your fellow student's date of birth, meditate on their path for 15 minutes & write their mission statement.
- Give a 30 minute phone reading to them based on this mission statement.
- Use outline on next page to guide your 30 minute session.

+ 30-Minute Coaching Session Outline

- Call client & share mission statement that you received in meditation, birth path, & current personal year insights.
- Ask how the mission statement resonates with them.
- Share the gifts, talents & challenges you see in their path.
- Ask the \$5 million question.
- Review Personal Year cycles, Saturn Returnings, the choices they've made, & what they've learned.
- Optional: Ask what they believe in spiritually & discuss bringing meditation into their daily life.
- Optional: Discuss their greatest pain & how that can be the fuel for their greatest work.
- Optional: Help them move through fear & negativity.
- Create a baby-step action plan of careers to investigate.

+ Discussion of 30 Minute Coaching Session

- What helped you the most in the 30 minute coaching session you just received?
- What was the least helpful part?
- How did it feel to provide guidance from your meditation on your client's path?
- Were you able to write their mission statement? Were you happy with it?
- Was it helpful to them?
- What did you learn?
- What was the easiest part for you?
- Was there anything difficult about coaching your client using intuitive guidance? Explain.

+ Intuition

- What is intuition?
- Is everyone intuitive?
- Share some of your intuitive experiences.
- Opening your gateways through ***dreaming***.
- Trusting what you get.
- Protecting yourself.
- Asking your guides to help you access information for a client.

+ Right Brain = Intuition

- Our **left brain hemisphere allows us to organize information**, master language and learn to read.
- Our **right brain hemisphere embodies intuition, creativity and spirituality**.
- Today's modern culture pressures us to **favor our left brain** & minimize the input from our right brain. This is how we learn to follow rules, get good grades, learn a skill & get a "good" job.
- Because of the encouragement we constantly receive to develop our left-brains, we learn to ignore the constant input we're receiving from our right brains – thus shutting out our intuitive guidance.
- **Daily mantra-based meditation** quiets your left brain and opens you up to your right brain which is your higher consciousness. From there you have easy access to information from your divine guides and your higher self.
- Through practice you'll learn **to trust the information you get** from your intuition or higher self and use it in your daily life & to help others.
- **More than 200 studies** have been published in mainstream scientific journals validating intuition.

+ Intuitive Living Meditation

- Right now test out a possible choice in your future to see how it feels in your body. This could be a small choice like what movie to see or a large choice like what career to choose.
- See yourself doing it as if it's already done & you are there living in the future.
- Now **check in with your physical body sensations**. Are you smiling & feeling good? That's a yes from your intuition. If you feel tired or drained in your body that's a no from your intuition.

+ Dreaming

- My dreams have been one of my primary tools for helping my clients.
- You can develop this ability by asking for dream guidance before you go to bed.
- Before going to sleep do a short meditation & end it by asking for dream guidance for your clients.
- Keep a notebook by your bed. The moment you wake up write down any dream memories you can capture.

+ Protecting Yourself

- Just as there are positive energies in the universe there are negative ones. When we venture into the other realms we need to wrap ourselves in high vibration prayer, mantra, or chanting. This protects us from anything negative.
- Protection techniques include: The Lord's Prayer, the mantra *Om Namah Shivaya*, picturing a bubble of white light surrounding you, and using water to cleanse your energy after a session - either by showering, salt-water bathing or swimming.
- Love is the most powerful force of all and it always trumps darkness. Whenever you're afraid, send love to what you fear. It's like turning on a light in a dark room. Open your heart and pump the love. Darkness will disappear.

+ Moving clients through fear & negativity

- Energy continuum discussion.
- How do we raise our energy?
- What does it feel like at the top of continuum?
- What does it feel like at the bottom?
- Understanding and naming the Pitiful Self.
- Teaching EPR.
- Solutions vs. Problems: The Proper Focus
- Negative Beliefs & Their Solutions



Energy

- Scientists and spiritual teachers alike have aligned themselves behind one idea – everything is energy. Everything you see, sit on, feel – the sun on your face, children’s laughter, a good run, prayer, a great kiss – is all source energy: that which everything and everyone came from.
- You’re composed of this same energy – and its frequency can be raised or lowered according to your thoughts, feelings and beliefs. The frequency you send out at any given time attracts like frequencies.
- Like attracts like.



Energy

- Each of us has an energy continuum – negative at the bottom, positive at the top. Positive energy includes our brilliance, goodness, divinity, inspiration, love, passion, optimism, happiness and joy (our connectedness).
- Negative energy includes our anger, depression, sadness, guilt, pessimism, meanness, sense of lack, drudgery and separateness – not only from others, but from our source energy.
- Moving up your energy continuum (in spite of circumstances) by changing your energy to a higher frequency and opening up to source energy connects you to inspiration, spirituality and goodness.
- This changes your life for the better.



Energy

- You can imagine your energy continuum as a fuel gauge. When the fuel tank in your car nears empty, you worry about running out of gas and being stranded – which is separateness and stagnation. When it's full, you're confident and able to explore. You have unlimited energy and ideas – which is connectedness, inspiration and productivity.
- You're in control of what level you vibrate on, thus you're in control of what happens to you in any given day. It's your emotions that determine what level you're vibrating on. When you feel love and joy, you're at the highest level attracting the most wonderful things into your life. When you're feeling despair, you attract more of the same.
- No matter how positive your energy is, you will still have challenging events happen to you. We sign up for these (karmas) in order to evolve. However, your reaction to these difficult events determines their outcome. Your energy level determines whether you react well or poorly to a crisis.
- A good life requires good energy. It's that simple. So what fills your energy tank?



Naming Our Characters

- **My Brilliant Self** is named:
- Description of Brilliant Self:

- **My Pitiful Self** is named:
- Description of Pitiful Self:

- **Ask yourself:** Who makes my career decisions? My brilliant self or my pitiful self? How's that working for me?



EPR = Good Vibrations

- My favorite technique for quickly raising energy to a higher vibration is what I call – EPR – energetic personal resuscitation. These three quick emergency switches for changing your energy are humor, gratitude and sweetness.
- (To learn more about EPR read **I See Your Dream Job Chapter 16** – page 171.)

+ Moving clients through fear & negativity

- **Socratic questioning** - to bring clients to their own conclusions
- **Examples:**
 - What exactly does that mean?
 - Can you give me an example?
 - Please explain why/how...
 - What would happen if...?
 - Is that the same reason you made the previous career choice?
 - How did that work for you?
 - Is there another way we can look at this?



Solutions vs Problems: The Proper Focus

- When we focus on our problems, our energy sinks to the low end of our continuum. And our problems get bigger. One of the fastest ways to feel happier and have more energy is to focus on at least three potential solutions to every problem that worries you.

+ Teach Your Clients to Focus on Solutions Rather than Problems

- **Problem:** I can't find work I love that creates abundance.
- **Solution:** I'm using my positive energy and taking action steps to create work in alignment with my path – which will create abundance.

+ Negative Beliefs & Their Solutions

- It's important to realize how your negative beliefs are influencing your reality. When you think, it doesn't matter how hard I work I never get recognition, the source energy aligns itself with your negative belief and says, Make it so!
- The first step is recognizing our negative beliefs.



Turning Around Negative Beliefs

- **Negative Belief:** No matter how hard I work, I will never make enough money.
- **Antidote:** When I work from the high end of my energy continuum, and my work is in alignment with my birth path, financial abundance flows gracefully into my life.
- **Negative Belief:** I can either do work I love and make very little money or I can take a job I don't love and have financial security.
- **Antidote:** Divine order says that only when we do our true work, the work we love that's in alignment with our path, will we attract true abundance and success.

+ Pain as Fuel

- Consider the possibility that all of your pain - every wound you've ever experienced, from loss to illness to disappointment - was exactly what you needed and chose in order to arrive at this point in your life, which is exactly where you're supposed to be.
- Discussion of this idea.

+ Pain as Fuel

- Imagine that you've chosen (consciously or unconsciously) every important job you've had because it was healing you.
- Our work heals us by letting us offer to the world exactly what we need to heal ourselves.
- Discussion of this idea.

+ Pain & Birth Path Link

- Discussion of link between pain & birth path mission.
- Example: Birth Path 1 may feel unaccepted, lonely & full of self doubt. Their mission is to offer acceptance & empowerment to others.
- See Page 148 **Chapter 13** in the book ***I See Your Dream Job*** for more examples.

+ Asking the Spirituality Question

- At some point in your session it's important to say: "Please tell me what you believe in spiritually. Do you follow a religion or do you have a daily spiritual practice of some kind?"
- The client will share their spiritual journey with you; how they were raised, what they believe in or don't believe in now, and whether spirituality is a focus of their daily life or not.
- This will reveal if they're in spiritual crisis or not. If you feel they're struggling to understand who they are, why they're here and the purpose of human existence, you can offer books to read, churches or spiritual paths to explore etc. It's very helpful to get them to explore ideas they've been uncomfortable with and thus come to peace with their essence as a spiritual being.
- Suggestions: Books by quantum physicians such as *The Conscious Universe* by Dean Radin, *Science & the Akashic Field* by Laszlo; the movie *What The Bleep Do We Know &* many others.
- I often ask clients to go on a spiritual exploration journey & visit Hindu & Buddhist Ashrams, Unity Churches, Science of the Mind Churches & whatever else resonates with them. This will help them define what they believe to be true spiritually and bring it into their daily lives.
- This can be a life-changing exercise for someone in pain.

+ 60-Minute Coaching Session

Prep:

- Using the client's date of birth, determine their birth path, sun sign, & personal year cycles - from birth on.
- Write this information on their folder.
- Meditate on it to receive guidance. Ask "What is this soul here to accomplish?"
- Write down what you get in the form of a mission statement. "This soul is here to..."
- Meditate again & ask for more guidance.
- Call client & follow outline on following page.

+ 60-Minute Coaching Session Outline

- Call client & share mission statement, birth path, & current personal year insights.
- Ask how the mission statement resonates with them.
- Share the gifts, talents & challenges you see in their path.
- Ask the \$5 million question.
- Review Personal Year cycles, Saturn Returnings, the choices they've made, & what they've learned.
- Discuss their greatest pain & how that can be the fuel for their greatest work.
- Help them move through fear & doubt using energy techniques.
- Ask what they believe in spiritually & discuss bringing meditation into their daily life.
- Create a baby-step action plan of careers to investigate.



Discussion of 60 Minute Coaching Session

- When giving your coach session, what was the most challenging part for you?
- What was the easiest part of giving your coaching session?
- What was the most helpful part of the coaching session you received?
- What did you think your “coach” did best to help you during the session?

+ Day 2 Homework

- Practice the Intuitive Living meditation to decide where to eat dinner or what route to take home.
- Ask for dream guidance before going to bed. In the morning, write your dreams before getting up.
- Finish Class Sections 3 & 4 in your workbook.

+ Class Section 3 Review

■ You've learned:

- To access your intuition and use it to guide clients.
- To use your intuition in your daily life for decision making.
- To access dream guidance.
- To protect yourself energetically.
- To move clients through fear & negativity with energy tools.
- The purpose of our pain as fuel to do our great work.
- How to initiate a spiritual discussion with your client.
- How to coach a client using all the techniques learned in Class Section 1, 2 & 3.

+ Class Section Four Outline

- Taking assessment test.
- How to build your successful coaching business.
- Giving gifts to your coaching partners.

+ Assessment Test

- This test will be provided for you to complete within a 45 minute time frame during this course.
- Fill it out to the best of your ability.
- It will be assessed by instructors.
- You'll receive a printed certificate for framing & a seal to put on your website saying you're a **Certified Professional I See Your Dream Job Coach.**

+ Building Your Business

- It's essential to find your niche. What kind of clients would you be best at helping?
- What connections do you already have that would help you tap into this client base?
- Write your elevator pitch: If you have 30 seconds to tell someone what you do & interest them in your business, what would you say? Explain your unique gift.

+ Your Elevator Pitch

- This is your quick answer to the question, “What do you do?”
- It includes your specialty, your target market & the benefit your clients receive from your work.
- It must emphasize your unique gift & how you help people. (Don't be afraid to say the “I” word: Intuition.)
- Write it now. Read it out loud.

+ Marketing & P.R.

- Online marketing includes:
- Your website, blog, podcasts, email newsletters, articles.
- Building your internet community:
Facebook.com; SelfGrowth.com;
LinkedIn.com; MeetUp.com; Twitter.com;
YouTube.com

+ Marketing & P.R.

- Give free talks at your local Chamber of Commerce, at Network groups such as EWomen.com, & the local library.
- Use the Career Intuitive Workshop outlined in Part 5 of the book *I See Your Dream Job* to teach workshops in your home, community center, recreation center, library. Sell copies of *I See Your Dream Job* to your students to use as their workbooks.
- Write articles for local magazines & journals.

+ Your Personal Intention Statement for Your Business

- State your intention for your new business. **“I will have a coaching practice that...”**
- Now that you’re a Certified Professional **I See Your Dream Job Coach**, what are **5 steps** you’re willing to take to launch your business? Say them out loud.

+ Giving Gifts of Gratitude

- Take a moment to thank the coaching partners who have helped you during this workshop.
- Share with them the most powerful gift you see in them & what you believe they're capable of.
- Make a promise to yourself to fulfill your greatest potential, own your intuition and move forward fearlessly.



You are now a
Professional Certified
I See Your Dream Job Coach

- Pending having your 3 client coaching sessions approved & passing your final exam.

CONGRATULATIONS!